



Tangy Marinated Red Peppers



Gluten Free



Dairy Free

READY IN



520 min.

SERVINGS



4

CALORIES



688 kcal

SIDE DISH

Ingredients

- ☐ 2 ounce anchovy fillets canned
- ☐ 6 cloves garlic crushed
- ☐ 2 cups splenda® no calorie sweetener
- ☐ 10 bell peppers red seeded thinly sliced
- ☐ 2 tablespoons salt
- ☐ 2 cups vegetable oil
- ☐ 3 cups water
- ☐ 4 cups distilled vinegar white

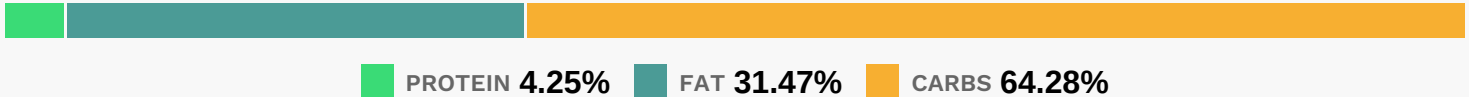
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large saucepan, mix distilled white vinegar, SPLENDA® Granulated Sweetener, vegetable oil and water. Bring to a boil.
- ☐ Remove from heat and stir in salt, garlic and anchovy filets.
- ☐ Place red bell peppers in a large bowl. Cover with the vinegar mixture. Cover and chill in the refrigerator 8 hours, or overnight, before serving.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:49.81, Inflammation Score:-10, Nutrition Score:26.516521759655%

Flavonoids

Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 688.43kcal (34.42%), Fat: 24.09g (37.06%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 110.73g (36.91%), Net Carbohydrates: 104.39g (37.96%), Sugar: 92.94g (103.27%), Cholesterol: 12.05mg (4.02%), Sodium: 4035.07mg (175.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.66%), Vitamin C: 382.2mg (463.28%), Vitamin A: 9320.8IU (186.42%), Vitamin K: 56.46µg (53.77%), Vitamin B6: 0.95mg (47.51%), Vitamin E: 6.96mg (46.4%), Folate: 138.83µg (34.71%), Vitamin B3: 5.76mg (28.82%), Manganese: 0.57mg (28.59%), Fiber: 6.34g (25.37%), Potassium: 732.7mg (20.93%), Vitamin B2: 0.31mg (18.19%), Selenium: 11.87µg (16.96%), Phosphorus: 130.16mg (13.02%), Magnesium: 51.02mg (12.75%), Vitamin B1: 0.18mg (12.05%), Iron: 2.12mg (11.79%), Vitamin B5: 1.1mg (10.99%), Calcium: 84.64mg (8.46%), Zinc: 1.19mg (7.96%), Copper: 0.16mg (7.92%), Vitamin B12: 0.12µg (2.08%), Vitamin D: 0.24µg (1.61%)